



**Te Whatu Ora**  
Health New Zealand

## How to look after your teeth when you are pregnant



This is the Easy Read booklet of the leaflet **5 Tips to keep your teeth healthy during pregnancy.**

Bee Healthy Regional Dental Service

Easy Read



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## What is this booklet about?

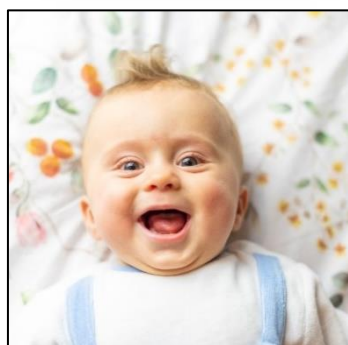


This booklet is about how to look after your teeth.

Everyone needs to look after their teeth.



This booklet is for people who are **pregnant**.



This means you have a baby growing inside you.



There are more booklets about how to look after teeth for:

- babies who are less than 6 months old
- older babies and children
- teenagers who go to high school.

There is also a booklet about some of the hard words that dentists may use.

You can find the booklets on the Bee Healthy website.



Go to this website link to find them:

<https://www.beehealthy.org.nz/resources>

Scroll down the page and look for things that say **Easy Read**.

## Why do I need to look after my teeth?

If you look after your teeth it helps them be strong.



If teeth are not strong they can get sore a lot.

There are things you can do to help your teeth.



Most of them are things you can do every day.

These things will help your teeth to be strong.

# How can I look after my teeth?

## Brush your teeth 2 times every day



You should brush your teeth:

- for 2 minutes **in the morning**

**and**

- for 2 minutes **at night** before you go to bed.



After you brush your teeth you need to use **dental floss**.



This is string covered in wax.

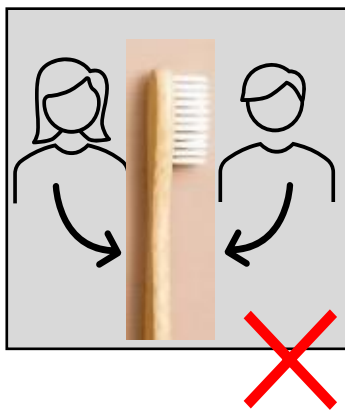
You pull it through the gaps between your teeth.

It gets out tiny bits of food that are stuck there.

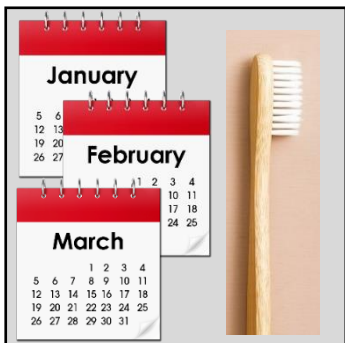
## Your toothbrush



It is better to use a soft toothbrush.



Do not use the same toothbrush as another person.



Buy a new toothbrush every 3 months.



## Your toothpaste



You do not need to use a lot of toothpaste.



Put a little blob the size of a pea on your toothbrush.

You should make sure there is something called **fluoride** in your toothpaste.

This is something that helps your teeth stay strong.



The toothpaste tube or box will tell you if it has fluoride in it.



## Do not wash out your mouth after you brush

After you brush your teeth you should spit out the toothpaste.

Some people will wash their mouth out with water after they brush their teeth.



A different name for this is **rinse your mouth**.

Rinse your mouth means:

- take a big sip of water
- swirl it around your mouth
- spit it out.



It is better for your teeth if you do **not** rinse your mouth.

This is because:

- when you spit out the toothpaste some fluoride will stay in your mouth
- it will help your teeth to be strong
- if you rinse your mouth with water the fluoride will go away.



After you brush your teeth in the morning do **not** eat or drink for a while.

After you brush your teeth at night do **not** eat or drink at all.

It will give the fluoride more time to look after your teeth.

## Drink tap water and milk



Try not to have drinks that have a lot of sugar in them.

This means sweet drinks like:



- fizzy drinks
- fruit juice
- chocolate milk.



A lot of sugar is **not** good for:

- your body
- your teeth.



Sugar can make holes in your teeth.

Water is a very good drink because:



- it is good for your body and brain
- it is free
- it has no sugar in it
- most tap water in Wellington has **fluoride** in it to help make your teeth strong.



Milk is a good drink for your teeth.

Some milk has more good things added like:



- calcium
- vitamin D.

These things are good for your body when you are pregnant.

## Do not eat a lot of sugar



Sugar is not good for your teeth.

Sugar can give you holes in your teeth.



When your teeth have holes it is easy for them to get sore.

Some foods have a lot of sugar in them.



Do not eat these every day.

You can have these sometimes as a treat.



Most of the time you should eat food that has:

- no sugar **or**
- only a little sugar.

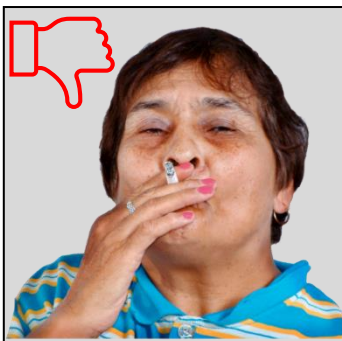
## Do not smoke



Smoking is bad for your mouth.

It can make your:

- teeth yellow or brown
- breath smell bad
- teeth and gums sore.



**Do not smoke.**



## Go to a dentist for free



A **dentist** is like a doctor for your teeth and gums.

You can go to the dentist if you want:

- to check if your teeth and gums are okay
- the dentist to help with sore teeth or gums.



You can go to the dentist for free until you turn 18.

You do not need to be a school student to see a dentist for free.



If you have had your birthday where you turn 18 you **need to pay** when you see the dentist.



## When do I need to go to the dentist?



It is good to go to the dentist 1 time every year for a **check-up**.

You should still go for a check-up even if your teeth are not sore.

At a check-up a dentist may do things like:



- look at your teeth and gums for problems



- take an x-ray picture to check your teeth are healthy inside



- talk to you about things you can do that are good for your teeth.

## Learn more about looking after your teeth



You can go to the website [www.beehealthy.org.nz](http://www.beehealthy.org.nz) if you want to learn more about:



- how to look after your teeth and gums
- where you can find a free dentist in the Wellington region.



You can also call Bee Healthy to ask questions.

Call them on the phone number  
**0800 825 583.**